

WESTFIELD RECREATION

FALL *W* WINTER *W* SPRING PROGRAM GUIDE 2007-2008



OUR MISSION

The Westfield Recreation Department welcomes you. Our focus is to provide for meaningful use of leisure time through a variety of youth, adult and family activities that offer our citizens the opportunity to use personal leisure time in a productive and rewarding manner; encourage appreciation of our natural resources, preserve and protect open space and greenways for the enjoyment of future generations. We look forward to your participation in one or more of the many exciting programs, and hope you will soon begin to explore the beautiful recreation areas of Westfield.

VOLUNTEERS ARE VALUABLE

Want to build friendships, improve our town and get a deep sense of accomplishment? You can do it without making a big sacrifice or commitment. A vital part of our department is our volunteers and the valuable time they give.

The Westfield Recreation Department is proud of the many volunteers that assist our department. Volunteer opportunities are available and hours of service are kept on file in the office year round. You will find it a rewarding experience and a great opportunity to serve your community. Whether you are interested in teaching classes, helping others, assisting in the office or participating in special events, you are of value to us. Your help is always needed. If you are interested in volunteering, fill out and return the form below, or give us a call at (908) 789-4080.

UPCOMING VOLUNTEER OPPORTUNITIES

Below is a list of upcoming events that we can use assistance with. For more information on these activities, look at the Special Events/Day Trips pages found in this brochure.

Workshops –Look under Workshops/Guest Speakers in this brochure
Night Place Program –look under Teen Programs in this brochure
Open Gym Nights – look under Youth Programs in this brochure
Holiday Concert –December
NYC Night Light Tours - December
New Years Eve-Family Night
Daddy/Daughter Date Night- March
Road Race -Spring
Swim Lesson Registration -Spring
Pool Registration -Spring
Teen Swims -Summer
Movie Nights -Summer
Summer Concert Series -Summer

VOLUNTEER REGISTRATION FORM

Name: _____

Phone (H) _____ (W) _____ (M) _____

E-Mail: _____

Availability: Day _____ Evening _____ Weekends _____

Events To Volunteer: _____

Westfield Recreation

GENERAL INFORMATION

WESTFIELD RECREATION DEPARTMENT

Municipal Building
425 East Broad Street
Phone: (908) 789-4080
Fax: (908) 789-4083
Website: www.westfieldnj.gov/recreation

OFFICE HOURS:

Monday-Friday: 8:30 a.m. - 4:30 p.m.

★The Recreation Department is closed on all legal holidays★

TEEN RECREATION CENTER

Teen Coordinator-Chuck Ropars
Municipal Building ~ 425 East Broad Street

WESTFIELD MEMORIAL POOL COMPLEX

Pool Technician-Paul Checchio
713 Cumberland Street ~ Westfield

PARK FACILITIES

There are 9 Town Parks. Parks are open daily from dawn to dusk. A list of their locations and amenities can be found on the Park Page of this brochure.

PARK & FIELD PERMITS

Permits are required for organized activities. Requests for permits must be made in writing by filling out a **Facility Use Form**. Forms may be obtained at the Recreation Department. Depending on request and organization requesting permit, a fee may be associated with field use.

REFUND POLICY

A request for refund, due to personal reasons, must be made in WRITING five (5) business days (Monday - Friday) before the program begins. A \$5.00 service charge, amount may vary for specific programs, will be assessed per participant/per activity for all requested refunds, or you may choose to receive a credit (no service charge will be issued on credits). Refunds will NOT be issued once the program starts. Full refunds are granted in the event that a class is full or canceled by the Recreation Department. Refunds will not be issued for 1-day workshops, seminars, or special events. There will be no cash refunds. Refunds will be by Town check and returned according to the Finance Department's bill-paying schedule through the mail (allow 4 - 6 weeks for refund). Westfield Recreation does not pro-rate any class or activity fees.

PROGRAM CANCELLATIONS

The Recreation Department reserves the right to cancel, postpone or combine any program due to insufficient registration or other causes that may affect the health, safety or welfare of the program participants. A full refund will be issued for programs canceled by the Recreation Department (allow 4 - 6 weeks for processing return). Every effort will be made to notify registrants of program cancellations. If schools close due to inclement weather, all daytime classes will be canceled until 5:00 p.m. The decision to conduct evening classes and programs will be made by 4:00 p.m. To find out the status of evening programs call the Recreation Department, (908) 789-4080. **WHEN PUBLIC SCHOOLS ARE CLOSED, ANY PROGRAMS CONDUCTED AT THE SCHOOLS ARE AUTOMATICALLY CANCELED.**

PHOTO POLICY

Please be advised that all participants involved in any department programs or special events are subject to being photographed. Such photographs may be used by the Town of Westfield without an obligation to provide compensation to those photographed.

REGISTRATION INFORMATION

Registration will be accepted from the date of the program brochure's release. Instructional classes are open on a first come, first served basis. Early registration is strongly recommended. Program fees must be paid at the time of registration (cash, check or money order). Make checks payable to the Westfield Recreation Department unless otherwise noted. Enrolled participants should attend the first class as scheduled in the brochure – no confirmation is mailed to you. Children must meet the age requirements listed for the programs by the first day of the program unless the program description indicates otherwise. Watch for ongoing announcements on the department's website, the local papers, flyers distributed through Westfield schools, and on Westfield's TV36. A copy of our registration form may be downloaded from the Recreation Department's website as an Adobe PDF file.

3 EASY WAYS TO REGISTER:

MAIL-IN	ONLINE - COMPUTER	WALK-IN
Westfield Recreation Department 425 East Broad St. Westfield, NJ 07090	Online registration will be available in the future. Look for a limited number of programs in the brochure that offer online registration.	Walk-in registration Monday-Friday 8:30 a.m. – 4:30 p.m.

HOW TO WATCH A GOOD PROGRAM DIE!

Nothing kills a recreation class faster than participants who wait until the last minute to enroll. There is a point at which courses must be canceled due to insufficient registration. Please enroll early!



COMING SOON 2008- *Recreation Items For Rent*

PICNIC KIT:

Planning a picnic? Let the Recreation Department help! The Recreation Department has a picnic basket available for rent to help make your next neighborhood picnic or family reunion a smashing success. The cost is \$20.00 plus a \$50.00 refundable deposit (upon return of equipment in good condition and on the scheduled date). The kit includes:

- | | |
|------------------------------------|--|
| 1 Full size tug-of-war rope | 4 Frisbees |
| 1 Kickball | 1 Wiffleball bat and wiffleballs |
| 2 Playground balls | 6 Potato sacks |
| 12 Cones | 1 Set of rubber bases |
| 6 Wooden spoons and eggs (plastic) | Written Instructions for games and relay races |

SHUFFLE BOARD:

Four courts are located in Tamaques Park. Courts are available for use by residents. Use your own supplies or rent a Shuffle Board set from our department. The fee is \$10.00 with a \$50.00 refundable deposit (upon return of equipment in good condition and on the scheduled date).

BOCCE:

Located at Tamaques Park. This court will be available for use by residents. Use your own supplies or rent a set of bocce balls from our department. The fee is \$10.00 with a \$50.00 refundable deposit (upon return of equipment in good condition and on the scheduled date).

OTHER ITEMS FOR RENT:

In addition to the picnic kit & shuffleboard equipment, the items listed below are available for rent. All rentals require a \$50.00 refundable deposit (upon return of equipment in good condition and on the scheduled date):

- Horseshoes (metal poles & shoes) – \$5.00
- Outdoor badminton set (net, racquets & shuttlecocks) – \$10.00
- Full-size croquet sets – \$10.00
- Volley Ball Net & Ball – \$20.00

William Palatucci, Chairman
Michael Cash
Jonathan Jones
Debra Judd
Jim Marvin
Jeff O'Connor
Tom Ripperger
Robert Smith
Loren Weinstein
Eric Leuthold, Alt. 1
Gary Fox, Alt. 2

PARK RULES

1. Park hours are from dawn to dusk.
2. All motor vehicles (including motorcycles and mopeds) are restricted to roadways only.
3. Parking a vehicle in other than an established or designated parking area is prohibited.
4. Bicycles, skateboards & scooters permitted on pathways only.
5. No alcoholic Beverages are allowed in the parks, no exceptions.
6. Defacing or littering park property or grounds prohibited.
7. No gambling.
8. All animals must be leashed and curbed at all times.
Owner is responsible for cleaning up after animal in a sanitary manner.
9. Permits are required for the Mindowaskin Park gazebo, Tamaques Park fireplaces and picnic areas. Permits are required for organizations to reserve all ball fields and tennis courts. Applications for permits may be obtained from the Recreation Office, 425 East Broad Street, between 8:30 a.m. and 4:30 p.m, Monday through Friday.
10. Wading, swimming, skating or boating is prohibited, except in designated places.
11. Fishing is restricted to persons under 18 years of age and to daylight hours.
12. All commercial vehicles are prohibited in the park except by bids granted by the Town of Westfield & Recreation Commission.
13. Golf playing or practice is prohibited.

All users of the park system of the Town of Westfield will adhere to the rules and regulations as so stated in Sec. 16-2 of the Code of the Town of Westfield, NJ– prohibited activities, conduct or behavior.

Failure to comply with the above rules and regulations set forth by the Westfield Recreation Commission will be subject to fine/arrest/ and/or prosecution.

All inquiries regarding park rules and regulations or general park use should be directed to the Westfield Recreation Dept., 425 East Broad Street, 908-789-4080. A current list of the most applicable rules & obinances can be found at the clerk's office located in the municipal building.

PARK FACILITIES:

TAMAQUES PARK *(106 Acres)*

18 Picnic and Fireplace Areas
2 Basketball Courts
8 Tennis Courts with lights
6 Shuffleboard Courts
3 Softball Fields
5 Baseball Fields
Children's Play Areas
Pond
Restroom Facilities
Recreation Service Building
Public Telephone
1 Handball Court
Jogging Path

ELM STREET

4 Tennis Courts

BRIGHTWOOD PARK *(44 Acres)*

Pond, Dam, Picnic Areas, and
Nature Trails

WINDSOR PARK *(1 Acre)*

Basketball Court
Children's Play Area

SYCAMORE FIELD *(1.5 Acres)*

1 Soccer/Lacrosse Field
Children's Play Area
Portable Restrooms

HOULIHAN FIELD *(4 Acres)*

2 All Purpose Artificial Turf Fields
Portable Restrooms

MINDOWASKIN PARK

(12.6 Acres)
Children's Play Area
Bandstand/Gazebo
Pond
Scenic Overlook

GUMBERT FIELD *(8.3 Acres)*

4 Basketball Courts with Lights
3 Little League Fields
Restroom Facilities
Children's Play Area
Jogging Path

CLARK PARK *(9.5 Acres)*

Memorial Trees and Gardens
Gazebo
Jogging Path

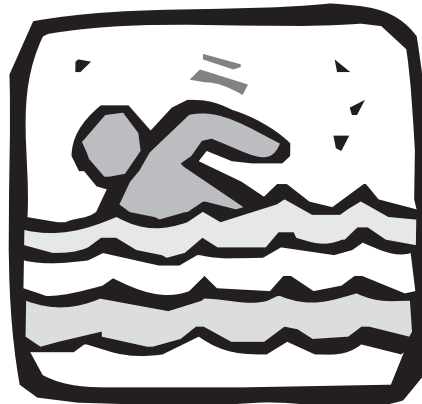
MEMORIAL POOL PARK COMPLEX *(19.1 Acres)*

PARK:

4 Softball Fields
2 Basketball Courts
2 Soccer Fields
1 Handball Court
6 Tennis Courts
Children's Play Area
Portable Restrooms

POOL:

50 Meter Pool: 165'X75"
Lap Pool
Diving Pool
Kiddy Pools
2 Slides
Locker Rooms
Snack Bar



PRE-SCHOOL PROGRAMS

Junior/Senior Soccer Squirts: *Ages 3-7*

*Join United Soccer Academy's professional coaches, once again, to experience an innovative curriculum that ensures maximum participation and fun through group activities and games. This fun-filled 1-hour course held at **Tamaques Park** will introduce children ages 3-6 yrs. to group experiences and basic motor skills through soccer related activities. Dates: Tuesdays starting 9/25 and ending 10/30. (6 weeks) Choose the morning 10:00-11:00am or the afternoon: 1:30-2:30pm.*

Fee: \$105.

***Register online at www.UnitedSoccerAcademy.com or call USA 908-823-0130 for assistance by phone.**

Sport Squirts: *Ages 3-5*

*This innovative class will introduce children aged 3-5 to a variety of sports from around the world. Instructors from the US Sports Institute provide excellent instruction designed to ensure learning and most importantly, fun! Held at **Tamaques Park** on Mondays 9/24 through 10/29 from 9:45-10:45am. **Fee: \$105.***

***Register online at www.UsSportsInstitute.com or call US Sports Institute 908-534-5305 for assistance by phone.**

Abrakadoodle – My First Art Class

In this special parent/child class children will learn about color, texture and more while experimenting with new and innovative materials. Our Tivoosy's are going through a wonderful stage of exploration and rapid skill development so our classes are designed to offer several fun activities including, scribbling, pasting, tearing, printing, painting, singing, moving and much more. Every Abrakadoodle session features all new lessons! Child must be accompanied by parent or caregiver.

Ages: 20 – 36 months

Day/Time: Tuesday's / 9:30am-10:15am

Dates: Fall: October 2-December 4
Winter: January 8-March 18 (no 2/19)
Spring: April 8-June 10

Location: Community Room

Cost: **\$110 for a 10 week session (includes all materials)**

Online registration at www.abrakadoodle.com.njo3html or call 908-232-4055

Abrakadoodle – Mini-Doodlers

Our Mini Doodlers gleefully create their own unique masterpieces. Lessons are carefully designed to ignite the imagination, foster creativity and develop new skills. All new lessons provide new experiences with paints, water-colors, pastels and other creative tools and materials. We use quality Crayola products in all our classes and each child's masterpiece is proudly displayed in Frame Doodles, an Abrakadoodle creation.

Ages: 3- 5

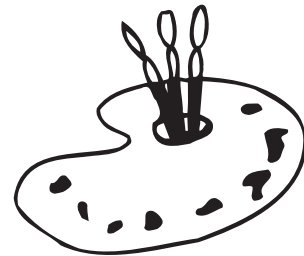
Day/Time: Tuesday's / 10:30am-11:15am

Dates: Fall: Oct. 2-Dec. 4
Winter: Jan.8-March 18 (no 2/19)
Spring: April 8-June 10

Location: Community Room

Cost: **\$110 for each 10 week session (includes all materials)**

Online registration at www.abrakadoodle.com.njo3html or call 908-232-4055



PRE-SCHOOL PROGRAMS CONTINUED

Pre-school Dance- Ages 3 & 4 (10 Weeks \$115)

*For the littlest dancers...Creative classes that allow the littlest dancers to express themselves and have fun. Leather ballet shoes required. Classes offered thru American Dance Studios held at **Karate N' Motion**-1006 South Ave. Fridays 4:30-5:30pm.*

Fall Session
Sept 14th-Nov 16th

Winter Session
Nov 30th- Feb 15th (no class 12/28 & 1/4)

Late Winter
Feb 22nd- Apr 25th

Spring
May 2nd- Jun 20th
8 weeks \$92



Kinder Dance- Ages 4&5 (10 weeks \$115)

Basic Dance techniques paired with fun and age appropriate music.

Classes offered thru American Dance Studios. **Location: Karate n Motion**-1006 South Ave. Leather dance shoes required. Fridays 5:30-6:30

Fall Session
Sept 14th-Nov 16th

Winter Session
Nov 30th- Feb 15th (No class 12/28 & 1/4)

Late Winter Session
Feb 22nd- Apr 25h

Spring Session
May 2nd-Jun 20th
8 Weeks \$92



All Girls – Ages 7+ (10 Weeks \$115)

*All Girls is all about movement, fitness and fun. Activities include movement to music, agility fun Fitness, street-smart self-defense and kata. **Location: Karate N' Motion***

Fall Session
Mondays Sept 24th -Nov 26th
5:30-6:30

Winter Session
Mondays Jan 7th – Mar 10th
5:30-6:30

Spring Session
Mondays Apr 7th – Jun 16th
5:30- 6:30(no class May 26th)

Little Kickers Karate – Ages 5-7 (10 weeks \$115)

(A uniform is required and can be purchased at Karate n Motion)

*This introductory course will teach participants martial arts stances, structure, form and basic technique. Students can attend up to orange belt. **Location: Karate N' Motion***

Fall Session
Wednesdays Sept 26th-Nov 28th
4:30-5:30

Winter Session
Wednesdays Jan 9th-Mar 12
4:30-5:30

Saturdays Sept 29-Dec 1st
10:30-11:30

Saturdays Jan 12- Mar 15th
10:30-11:30

Spring Session
Wednesdays Apr 9th – Jun 11th
4:30-5:30
Saturdays Apr 12- Jun 14th
10:30- 11:30

YOUTH

PROGRAMS CONT.

Parent/Child Karate – Ages 5-7 (10 Weeks \$140/\$60 each add'l child)

You don't have to just watch your child from the sidelines! Are you looking for something interactive to do with your child? You've just found it! We created an environment for you and your child to not only grow individually, but you get to play together while learning basic karate, self-awareness and discipline. It's a Fun way to promote family bonding. Students can attend up to orange belt. **Location: Karate N' Motion**

(A uniform is required and can be purchased at Karate N' Motion)

Fall Session

Saturdays Sept 29th-Dec 1st
10:30-11:30

Winter Session

Saturdays Jan 12- Mar 15th
10:30-11:30

Spring Session

Saturdays Apr 12th-Jun 14th
10:30-11:30



Beginner-Intermediate Karate – Ages 8+ (10 Weeks \$115)

A beginner's karate class for children ages 8 and above. Learn self-discipline and awareness while challenging your gross and fine motor skill through a variety of karate stances, movements, kicks and punches. This is a fun introduction into fitness and agility.

Please note: Classes available are only up to the orange belt rank-equal to the first 3 sessions. Students can attend up to orange belt. **Location: Karate N' Motion**

(A uniform is required and can be purchased at Karate N' Motion)

Fall Session

Saturdays Sept 29th-Dec 1st
11:30-12:30

Winter Session

Saturdays Jan 12th-Mar 15th
11:30-12:30

Spring Session

Saturdays Apr 12th-Jun 14th
11:30-12:30

Hip Hop - Ages 8-11 (10 Weeks \$115)

Learn fun new Hip-Hop moves to current (reviewed) music, child friendly with innovative choreography.

Monday's 4:30-5:30 Classes offered thru American Dance Studios.

Location: Karate N' Motion

Fall Session

Sept 10th-Nov 12th

Winter Session

Nov 19th-Feb 4th

(no class 12/24 & 12/31)

Hip Hop - Ages 5-7 (10 Weeks \$115)

Tuesdays 5:30-6:30 Classes offered thru American Dance Studios held at Karate N' Motion-1006 South Ave

Fall Session

Sept 11th-Nov 13th

Winter Session

Nov 20th-Feb 5th (no class 12/25 & 1/1)

Late Winter Session

Feb 12th-Apr 14th

Spring Session

Apr 22nd-Jun 24th

Beg Hip Hop - Ages 10+ (10 Weeks \$115)

Thursdays 6:00-7:00 Classes offered thru American Dance Studios held at Karate N' Motion-1006 South Ave

Fall Session

Sept 13th- Nov 15th

Winter Session

Nov 22nd-Feb 7th
(no classes 12/27 & 1/3)

Late Winter

Feb 14th-Apr 17th

Spring

Apr 24th-Jun 26th

YOUTH PROGRAMS CONT.

Kid Yoga – *Ages 6-10* (10 Weeks \$115)

A fun and innovative class that uses music, games, stories, and imagination to teach the basics of yoga. Proper breathing and relaxation are practiced at the end of every class. Tuesdays 3:30-4:30 **Location: Karate N' Motion**

Fall Session
Sept 18th–Nov 20th

Winter Session
Jan 8th-Mar 11th

Spring Session
Apr 8th- Jun 10th

Fit To Go Girls – *Ages 6+* (10 Weeks \$295)

Location: Karate N' Motion

September 24th through December 1st

A unique course that promotes fitness and a healthy lifestyle. A great way to make Strong Girls!

This program includes:

- *Three different Fitness classes per week, three ways to get in shape and have fun.*

PICK YOUR CLASSES FROM THE SCHEDULE BELOW.

(If you are interested in the fitness classes only they are offered for \$260.00)

- A “Healthy Foods Supermarket Tour” learn all about Healthy foods, understanding food labels and claims during a guided learning tour of a local food store.

MONDAY OCTOBER 15 - 4:00 -5:00

(If you are interested in the Supermarket Tour ONLY \$55.00)

- A “Healthy Cooking Workshop” have fun learning to cook while learning that healthy foods can be delicious.

MONDAY OCTOBER 22 - 4:00 - 5:30

(If you are interested in the Cooking workshop ONLY \$55.00)

- A “Family Fun Night”! - Families at play- Family Fitness, Family Togetherness

FRIDAY OCTOBER 5 - 6:30 - 8:30

Class Schedule:

Yoga- *Ages 6-10*
 Ages 11-16

Tuesdays 3:30-4:30
Wednesdays 3:30-4:30

Hip Hop – *Ages 5-7*
Ages 8-11
Ages 10+

Tuesdays 5:30-6:30
Mondays 4:30-5:30
Thursdays 6:00-7:00

Karate- *Ages 6-11*

Mondays 5:30–6:30”All Girls” (Karate + Movement)
 Mondays 7:30–8:15 “ Kid Safe”
 Wednesday 5:30–6:30 “Karate”
 Saturday 11:30–12:30 “Karate”



★ ★

Family Fun Night – Parents With Children Ages 6+ – \$15 per family per night

Work on that family fitness while having fun together. **Location:** Karate N' Motion

Friday Oct 5th – 6:30-8:30

Friday Jan 18th- 6:30-8:30

Friday May 16th – 6:30-8:30

YOUTH

PROGRAMS CONT.

Beginner Tap/ Lyrical Dance Combo - Ages 8+ (10 weeks \$115)

Hoofing at it's best! Fun Tap basics and style covered every week. Together with Lyrical Dance- Technique fused with modern dance and contemporary music. Classes are creative and fun!

(Leather ballet shoes required) Classes offered thru American Dance Studios

Location: Karate N' Motion-1006 South Ave

Thursdays 7:00-8:00

Fall Session

Sept 13th- Nov 15th

Winter Session

Nov 29th -Jan 31st

Late Winter

Feb 7th- - Apr 10th

Spring

Apr 17th- Jun 19th

Summer - **6 weeks \$75**

Jul 10th- Aug 14th



Dance Combo - Ages 6 & 7 (10 Weeks \$115)

Ballet and Tap classes are taught with themes and games...what a blast! (Leather ballet shoes required) Classes offered thru American Dance Studios

Location: Karate N' Motion-1006 South Ave

Fridays 6:30-7:30

Fall Session

Sept 14th - Nov 17th

Winter Session

Nov 30th-Feb 15th

(no class 12/28 & 1/4)

Late Winter

Feb 22nd- Apr 25th

Spring - **8 weeks \$92**

May 2nd- Jun 20th

Hip Hop Dance Party- Ages 10+ - \$10 pp

Have fun trying out the dance moves you've been learning. Classes offered thru American Dance Studios

Location: Karate N' Motion-1006 South Ave

Friday Jan 11th - 7:30-8:30

Friday Jun 27th- 6:30-7:30 (ages 5-9) 7:30-8:30(Ages 10+)

Sampler Fitness Class - Ages 5+ \$20 per class pp

Great way to try out our classes offered or as a group activity. Sampler includes Hip Hop Dance, Yoga and Karate and Mommy, Daddy and Me. Location: **Karate N' Motion-1006 South Ave**

Monday Sept 17th- 5:30-6:30 - All Girls Sampler

Thursday Nov 8th - 3:30-5:00 Yoga, Hip Hop and Karate

Saturday Dec 8th - 10:30-11:30 Mommy, Daddy and Me Karate

Saturday Dec 15th-10:30-11:30 Mommy, Daddy and Me Karate

Thursday May 8th - 3:30-5:00 Yoga, Hip Hop, and Karate

Vacation Camp- \$45 per day, 8:30-4:30

Looking for something different, fun and exciting for your child to participate in during days off of school? A wide variety of activities offered daily to improve your child's balance, timing, self-awareness, and mat skills. Examples- nerf dodge ball, frisbee football, tumbling, throwing & catching games, tug of war, obstacle courses, indoor olympics, games such as jacks, pit, knock hockey and much, much more!

Location: Karate N' Motion

Monday Oct 8th

Thursday Nov 8th

Friday Nov 9th

Wednesday Dec 26th

Thursday Dec 27th

Friday Dec 28th

Monday Jan 21st

Monday Feb 18th & Tues Feb 19th

March 24th-28th

YOUTH PROGRAMS CONT.

Fall Field Hockey Clinics: 5th-8th Grades (Offered on Sundays in Sept. & Oct.)

Fall clinics are offered to give individuals the opportunity to learn different skills, and rules of field hockey. Returning girls will work on skills already learned in our spring and summers clinics. No experience necessary. For new players our dedicated instructors are WHS Field Hockey Team members.

Location: To be determined. Equipment needed: sneakers/cleats, water, mouth guard, shin guard & hockey stick. (Hockey sticks are available on a first come basis). Time to be determined

Dates: September 30 & October 7, 14, 21 (October 28th is reserved as a rain date). **Fee: \$40**

Field Hockey Clinics: (3rd through 8th grades)

This 5-week indoor clinic will introduce individuals to the popular game of field hockey. Participants will have the opportunity to learn the rules of field hockey as well as improve their skills in a safe, structured environment led by WHS coaches Molly Phelan and Melissa Piegaro. Held at Roosevelt School Gym. Fee: \$40

Tuesdays (2/5, 2/12, 2/19, 2/26 and 3/4) 3:30-4:30 will be for 6,7 and 8 graders. 4:30-5:30 will be for 3, 4 and 5 graders.

Golf Clinic: Ages 8-14

This popular clinic is perfect for beginner and advanced beginner golfers. PGA Professional, Bill McCluney, will teach all aspects of the golf swing, safety, care of the golf course and sportsmanship. Session #1 will be held on Tuesdays 9/18, 9/25, 10/2 (10/9-rain date); or Session #2 on Wednesdays 9/19, 9/26, 10/3 (10/10-rain date). Class times: 4:00-6:00pm.

Fee: \$66/session. Equipment needed: Clubs (if available).

Location: Oak Ridge Golf Course on Oak Ridge Road, Clark. Limited spots are available
Spring 2008 Golf Clinic information will be available in January.

Bowling League: Ages 5 - 14yrs

***This program requires a special registration form, which can be obtained at the Recreation Office, or on our website.**

*The Westfield Recreation Department sponsors a weekly bowling program for resident youths between the ages of five and fourteen. This activity will be conducted at **Linden Lanes**, which is located at 741 North Stiles Street in Linden. (Bowlers ages 5 through 7 will bowl in a Special Bumper Division). Pre-registration is required. All bowling forms need to be handed into the Recreation Department at least 1 week before each session. (First come, first served for team placement). **Fee: \$6.00/week payable at the lanes each week. (Bowlers will pay \$2.00 for weeks absent).***

Fall, Winter, & Spring 12-week Bowling League sessions are as follows:

Fall League (Mondays)	Winter League (Mondays)	Spring League (Thursdays)
3:50pm start date: September 24, 2007	4:00pm start date: January 7, 2008	3:45pm start date: March 27, 2008

Tennis for Kids: Ages 3 - 16yrs:

This program requires a special registration form, which can be obtained at the Recreation Office or on the website.

Our 5-week spring tennis program is offered to participant's ages 3 through 16yrs from 9/25 - 10/25. Classes are offered on Tuesdays, Wednesdays, or Thursdays. Register now, spots are limited. Location: Elm Street Tennis Courts. Jeff Brandes, Director.

Pee Wee's: Geared for children with limited or no experience playing tennis. Fundamentals of strokes, grips and footwork, are covered. Generally ages 3 & 4 year olds. (45 minutes. Class Times: 3:30 - 4:15pm or 4:15 - 5:00pm). **Fee: \$75**

Hot Shots: Similar to Pee Wee's. Geared towards general coordination skills. Fundamentals of strokes, grips and footwork are covered. Generally ages 5 & 6 year olds. (45 minutes. Class times: 3:30 - 4:15pm or 4:15 - 5:00pm). **Fee: \$75**

Level 1: Beginner to advanced beginner. Class is geared towards establishing a sound technical foundation of the basic grips, strokes and footwork with an introduction to some competitive games. Generally ages 7 years and up. (1 hr, 15 min. Class Time: 5:00-6:15pm). **Fee: \$115.**

Level 2: All strokes and spins covered, as well as basic strategy. Students in this class are capable of rallying but their serve may be weak and therefore may or may not be capable of playing a match. Generally 9 years and up. (Class Time: 5:00-6:15pm). **Fee: \$115.**

-Adult Tennis Classes available under adult programs-

COMPUTER CLASS OFFERINGS FOR FALL-WINTER-SPRING 2007-2008

Location: All classes held in the Recreation Department Conference Room #2
(Please register online at www.ctworkshop.com/mnj or call CT Workshop 908-264-9147)

Fall 2007 Workshop Club Schedule

Grade Level	Workshop Clubs	Dates	Times	Fee
2-4	Digital Stop Motion Animation	Wednesdays, Oct 3 – Nov 28*	4:00 – 5:00 PM	\$185
3-8	Video Game Creation	Wednesdays, Oct 3 – Nov 28*	5:15 – 6:15 PM	\$175
5-8	Robotics & Control Systems	Wednesdays, Oct 3 – Nov 28*	6:30 – 7:30 PM	\$215

*The Workshop Clubs will not meet on the week of November 21st due to the Thanksgiving holiday.

Winter 2008 Workshop Club Schedule & Description

Grade Level	Workshop Clubs	Dates	Times	Fee
4-8	Amazing Architects	Wednesdays, Jan 23 – Mar 12	4:00 – 5:00 PM	\$175
5-8	Digital Cell Animation	Wednesdays, Jan 23 – Mar 12	5:15 – 6:15 PM	\$175
3-8	Video Game Creation	Wednesdays, Jan 23 – Mar 12	6:30 – 7:30 PM	\$175

Spring 2008 Workshop Club Schedule & Description

Late Winter Session
Feb 11th-Apr 14th

Spring Session
Apr 21st-Jun 23rd

Grade Level	Workshop Clubs	Dates	Times	Fee
2-4	Digital Stop Motion Animation	Wednesdays, Apr 02 – May 21	4:00 – 5:00 PM	\$185
3-8	Video Game Creation	Wednesdays, Apr 02 – May 21	5:15 – 6:15 PM	\$175
5-8	Robotics & Control Systems	Wednesdays, Apr 02 – May 21	6:30 – 7:30 PM	\$215

Digital Stop Motion Animation Workshop Club (grades 2-4)

Lights. Cameras. Action! Kids become movie producers in this digital stop motion animation workshop. Working in teams of two or three, the young movie moguls work through the animation process including concept generation, scripting, character, set and prop development, filming using stop motion techniques, editing, creating special effects and producing the final production. In the final class, the kids' productions will debut on the silver screen as they enjoy each other's work in a film festival. All final productions will be uploaded to CTWorkshop's FTP site for easy access by students and their friends and family. Class size is limited to 24.

Robotics & Control Systems Workshop Club (grades 5-8)

It's ALIVE! Kids in grades 5-8 will build and program both autonomous robots and user controlled systems using LEGO education materials, including microprocessors, motors, sensors, pulleys, gears and more in this fun, hands-on workshop. Mechanical systems, programming logic, design for usability; troubleshooting and debugging are some of the skills club participants will develop while creating a series of automated devices. Class size is limited to 10 per session.

Amazing Architects Workshop Club (grades 5-8)

Combine engineering brilliance with the beauty of art and you have architecture! Kids unleash their creative genius as they craft their dream home from concept through final 3-D rendered design complete with interior decorating in this workshop club. The participants will create a digital video virtual walk through upon completion of design, which will be uploaded to CTWorkshop's FTP site for easy access by students and their friends and family. Class size is limited to 16.

Digital Cell Animation Workshop Club (grades 5-8)

Bring your story to life on the computer! Kids become movie producers in this digital cell animation workshop. Similar to our Digital Stop Motion Animation Workshop Club, the young movie moguls work through the animation process from concept to final production, however, in this course no cameras are required as the kids will be utilizing a variety of graphic design and animation software packages to produce original artwork and set it in motion to play out their plot line. In the final class, the kids' productions will debut on the silver screen as they enjoy each other's work in a film festival. All final productions will be uploaded to CTWorkshop's FTP site for easy access by students and their friends and family. Class size is limited to 16.

Video Game Creation Workshop Club (grades 3-8)

Turn passive game players into creative game designers! Kids get an introduction to the fundamental concepts of object oriented software design and video game creation through fun hands-on tutorials. No previous game making experience is required to participate in and benefit from these programs, but returning game makers will be advanced to the next level. The complexity of skills taught increases with grade level to ensure that the programs are both challenging and engaging at all levels. Every child will create one or more games that he or she can share with friends and family by the end of the program. Our non-violence policy challenges kids to be creative without the violence that is pervasive in today's video games. Class size is limited to 16 per session.

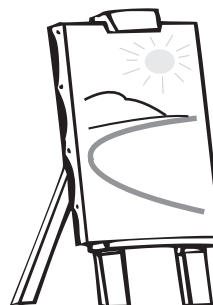
Abrakadoodle – Digital Doodles – Ages: Grades K- 5

Day/Time: Monday's / 4:00pm – 4:45pm
Dates: Fall: September 24-December 10 (no 10/18, 11/12)
Cost: \$120 for a 10 week session (includes all materials)
Location: Community Room

Description: *Digital doodles is a unique program offered only by Abrakadoodle. Each session offers instruction about famous artists such as Ansel Adams, William Wegman, Dali and Chagall along with digital photography and photo illustration. Students learn about digital cameras and photo printing and how to create a set up for photographing as well as how to use a photograph in artwork. All artwork will be framed with our fabulous FrameDoodles!*

Abrakadoodle – Kids on Canvas – Ages: Grades K- 5

Day/Time: Monday's / 4:00pm – 4:45pm
Dates: Winter: January 7-March 17 (no 2/18)
Spring: April 7-June 9
Cost: \$120 for a 10 week session (includes all materials)
Location: Community Room



Description: *Abrakadoodle presents Kids on Canvas, a unique art program that teaches children about painting on a variety of canvas surfaces with acrylics. Canvas paper, canvas board and stretched canvas will be used while exploring the versatile medium with acrylics. All new lessons are specially designed to allow kids to explore the techniques and styles of great artists while developing their own unique styles!*

MANNERATIONS™ ONE-DAY WORKSHOPS

Location: Community Room

Ages: 6-12 years old

Minimum of 5 children and a maximum of 12



Mannerations™ Etiquette & Afternoon Tea

Length: 45 minutes

Time: 4:00pm

Cost: \$24 per child

December 13th

Learn about the centuries old afternoon tea ceremony. Patti Manning, Founder of Mannerations™, will teach the formal etiquette that should be displayed while enjoying an afternoon tea. This “hands-on” learning experience includes instructional material, tea and other scrumptious goodies.

Mannerations™ Dining Program

Length: 60 minutes

Time: 3:45pm

Cost: \$40 per child

November 15th, Feb. 7th, April 3rd

Children learn the etiquette of dining in a fun, interactive and memorable manner. A four-course meal is consumed and Patti Manning, founder of Mannerations, will provide etiquette instruction. We also discuss why good manners during dining are important, and how to correctly behave and manage a formal meal.

Mannerations™ Social Etiquette

Length: 60 minutes

Time: 3:45pm

Cost: \$35 per child

Oct. 11th, January 17th, March 20th.

This introductory course teaches children the proper etiquette techniques to successfully manage social situations. Some of the topics reviewed include: greetings and introductions, being a good guest and host, written correspondence, and behavior at celebrations and other life events. Children learn through role-playing, worksheets, and fun games.

TEEN PROGRAMS

The Teen Center: 9th-12th Grade Students

The Teen Center is open on most Friday Evenings during the school year between the hours of 7:00PM and 11:00PM for all Westfield High School Students. The Center features staff supervision, pool tables, ping-pong tables, air hockey tables, video games, large TV and VCR, stereo system, vending machines and more! Student I.D. is required. The Teen Center is getting a “face lift”, so please contact the Recreation Department before attending to make sure it is open. Call for volunteer opportunities to help with making our Teen Center the best it can be!

The “Night Place”: 6th-8th Grade Students

The Night Place program is held throughout the school year on select Friday evenings.

*This program is open to all 6th, 7th, and 8th grade Westfield residents for a nominal fee. The program is held from 7:30PM to 9:30PM at Edison Intermediate School. Featured activities include a live DJ with dancing, movies, passive games, basketball, refreshments and more. **The cost is \$2.00 in advance and \$3.00 at the door.** The 2007 –2008 dates are: 10/19, 12/14, 1/18, 2/15, 4/18, & 5/23. Look for information in your child’s packet to volunteer to chaperone or to be on the Night Place Committee. Please return forms to your child’s school or to the Recreation Department.*

Indoor Laser Tag: Ages 13-17

Join us for hours of fun with Combat Sports to play the ultimate indoor laser adventure game. Combat Sports will set up an inflatable field that will provide an unbelievable experience! Combat Sports is accurate and programmable and has the elements of paintball, but without the pain or projectile! Combat Sports can guarantee one thing; it will be loads of fun! Held tba. Location: Westfield Armory. Cost: tba (Spots are limited).

ADULT AND YOUNG ADULT PROGRAMS

Adult Karate - Beginner/Intermediate Class. 10 Weeks for \$115

Location: Karate N' Motion

Learn basic karate stances, punches and kicks while getting a total body workout. Improve your timing, balance and self-awareness. One time offer only. (Uniform purchase required)

Mondays 6:30 – 8:00

Fall Session

Sept 24–Nov 26th

Winter Session

Jan 7th– Mar 10th

Spring Session

Apr 7th– Jun 16th

(no class May 26th)

Tennis Lessons: All Levels

This program requires a special registration form, which can be obtained at the Recreation Office or on the website. This 5-week Spring Tennis Program is offered to beginner and advanced beginners from Sept. 23 - Oct. 21

Classes are offered on Sundays - 10:00-11:30am for Beg/adv. beg 11:30am-1:00pm for Low Int. 1:00 - 2:30 for Int.

Location: Elm Street Tennis Courts. Jeff Brandes, Director Cost: \$140 Register now, spots are limited

Beginner Teen Hip Hop - Ages 12+ - (10 Weeks - \$115)

Hip Hop is a style of dance that incorporates urban street dance with jazz movements. Cool moves are taught with popular music.

Classes offered thru American Dance Studios. Location: Karate n Motion-1006 South Ave

Fall Session

Sept 14th– Nov 17th

Winter Session

Nov 30th–Feb 15th

(no class 12/28 & 1/4)

Late Winter Session

Feb 22nd– Apr 25th

Spring Session

May 2nd– Jun 20th

8 Weeks \$92

Teen Yoga - Ages 11-16 10 Weeks \$115 Location: Karate N' Motion

This is a basic Yoga class taught through music and instruction to bring healthy body awareness to teenagers. It is designed to strengthen and stretch all muscles while providing focus and relaxation techniques.

Wednesdays 3:30–4:30

Fall Session

Sept 19th–Nov 21st

Winter Session

Jan 9th – Mar 12th

Spring Session

Apr 9th–Jun 11th

Strong Women Seminars- \$25 pp (Cooking Workshop \$35)

Location: Karate N' Motion - Do something for you. Explore one of these healthy lifestyle seminars. Come alone or with a group to explore these seminars just for women. Scheduled Mondays – 10:30–12:00

Monday Oct 15th– Women's Health Seminar– Female Health Topics Q and A

Monday Jan 14th– Healthy Eating– Discussion of healthy food choices for the whole family

Monday Apr 14th – Relaxation and Massage

Monday Jun 9th– Ladies Let's Cook– Healthy Cooking Workshop

Adult Yoga - All levels 10 Weeks \$115

Location: Karate N' Motion - This is Hatha-based vinyasa (flow) yoga class. With a serene atmosphere and soft music, this class will challenge the body, focus the mind, and increase endurance and flexibility. Postures are modified to accommodate all levels of fitness. Whether you are a beginner or someone looking to deepen their practice, this class is for you.

Fridays 9:15–10:15

Fall Session

Sept 14th–Nov 16th

Winter Session

Jan 11th – Mar 14th

Spring Session

Apr 11–Jun 13th

Cardio Kickboxing - All Levels 10 Weeks \$75

A total workout that will get you in shape while having fun. Men and Women welcome.

Location: Karate N' Motion Saturdays 9:00–10:30

Fall Session

Sat Sept 29–Dec 1st

Winter Session

Jan 12th–Mar 15th

Spring Session

Apr 12th– Jun 14th

WRD SPECIAL GUEST PROGRAMS

Gail Cassidy founded Tomlyn Publications, a home-based business dedicated to empowering clients to recognize their strengths in themselves and in others in their lives. For the past 15 years she has taught and coached many people toward the discovery of their passion. Gail has written and published, "Discover Your Passion" and has authored five more books and 13 e-books. She appears as a guest speaker at seminars and workshops to share the information in her books.

Interviewing and Job Search Skills: Cost: \$50 (Minimum:10)

7-8:30pm (4 wks) Oct. 16, 23, 30, Nov. 6 Tuesdays- Conf. Rm 2

This 4-week course covers the following: Planning your job search, Finding jobs through the classified ads and networking, Writing a cover letter, Writing your resume, Completing a job application, Preparing for the interview, and Doing an actual interview. Whether looking for a full-time job or a summer job, the areas in which you need to develop proficiency are the same. You need to have a plan and an idea of how long you can be without a job.

Earn Money On The Internet: Cost: \$50 (Minimum: 10)

7-9:00pm (4 wks) Nov. 13, 20, 27, Dec. 4 Tuesdays- Conf. Rm 2

You will be helped on deciding the type of business (selling knowledge, merchandise, or services) you'd like to have. A brief overview of the general principles of marketing includes knowing your audience, isolating benefits, clarifying your message, and setting goals. Included is information on search engines, web site development, mailing lists, affiliates, ads, freebies, and chat rooms/newsgroups, and bulletin boards.

One Speech Fits All: Cost: \$40 (Minimum: 10)

7-8:30pm Tues. Dec. 11 & Thurs. Dec. 13th - Conf. Rm 2

Master one speech and you will be able to use the basics for almost any group you are asked to speak to. Learn the different facets of nonverbal communication and human relation skills, and with the addition of varying titles, themes, story examples, and closings, you can present this talk in 40 minutes, one hour, two hours, or even three days. It is a fun talk to give.

Profit From Your Passion: Cost: \$60 (Minimum of 10)

7-8:30pm (4wks) Jan. 8, 15, 22, 29 Tuesdays- Conf. Rm 2

In just 6 hours find not only your purpose in life but also how to earn money doing what you love. Nothing beats being excited about going to work every day. Find how in just 4 classes! This is a great opportunity to truly make a difference.

You Cannot Not Communicate: Cost: \$360 (Minimum of 20)

7-9pm. (5wks) Tues/Thurs (Feb. 5, 7, 12, 14, 19, 21, 26, 28, March 4, 6, 10)

Learn to speak well and create the image you desire. During this course, you will learn far more than speaking skills. You will learn how to use your voice and nonverbal communication skills to mold yourself exactly as you want to be perceived by the world.

Retiree Legacy Group: Cost: \$40. (Minimum of 10)

1:00-2:30pm on Thursdays (Dates: tba 10/4, 11/1, 12/6, 1/3)

We are looking for people to meet one morning a week at the Recreation Department and share what life has taught them. No speeches, no expectations--just a comfortable sharing of ideas which could lead to the development of legacy projects, where we get to share our knowledge and wisdom with the next generations. Outdated knowledge is history; new knowledge is viable and worth sharing. Why waste this earned wisdom and knowledge, share it with those who follow! The program goal is for a legacy group to be formed to continue to meet weekly.

WESTFIELD RECREATION DEPARTMENT CLUB NEWS

WRD Dance Club: All Levels welcome

The Wrd Dance Club aims to promote the growth of social dancing for residents of all levels. Meets on Monday of each month at 8:00pm in the Municipal Building Community Room. Dance instructor: John Russitano. This is a drop in program

Fee: \$15 (\$13 if you bring a friend!) All fees payable at the door

Clean Slate Club:....Meets 1st Thursday of Each Month beginning October. Location: Municipal Building Community Room.

The Clean Slate Club is a support and discussion group led by Professional Organizer, Ellen Kazanoff. Individuals overwhelmed by excessive clutter will have an opportunity to share their triumphs and struggles with others in similar circumstances. Each month, Ellen will focus on a different aspect of organizing, offering "how-to" tips, and distributing handouts. The topic for October will be, "Quick and Easy Ways to Get Your Kids Organized".

Ellen has been organizing people, places and things for over 30 years. With an undergraduate degree in Education, and a graduate degree in Counseling, Ellen has a unique understanding of the issues relating to clutter. She uses her counseling skills to help clients recognize, and often change, those behaviors that have contributed to the accumulation of clutter. Her ability to teach basic organizing techniques to her clients empowers them to maintain their "clutter-free" homes.

TOPICS OF SPECIAL INTEREST

Pre-Registration is appreciated for all workshops. All workshops are \$10 per person and are located in the Municipal Building Community Room at 425 East Broad Street, unless otherwise noted. Please register early so programs are not cancelled due to low enrollment. Please contact the Westfield Recreation Department for further workshop information. To obtain a program registration form, please visit us online at www.westfieldnj.gov/recreation or call the Westfield Recreation Department.

Well-Being Workshop: October 18th (7:30-8:30pm) & December 6th (1:30-2:30pm)

“Natural Pathways to Enhanced Physical and Emotional Well-Being” Did you know that our bodies have a built in ability to aid in the healing process. “Epigenetics” is the new science that demonstrates how our mind is linked to the systems in our body, for instance, how our thoughts impact our physical and emotional well-being. In this hour-long workshop you will learn about the emerging science of how we can use our minds to help improve our physical health. An overview of some of the well-known research in the field will be presented as well as some of the natural pathways that you can utilize to enhance your well being. You will leave the presentation feeling more empowered to take better care of your mind, body and spirit! The workshop is presented by Peri Winkle Soldati of PeriWinkle KnowledgeShare.

“How to Cut Clutter & Store Stuff”: Monday - Oct. 15th, 7:00 - 8:30pm

Do you have too much stuff and not enough time? You are not alone! Jamie Novak, “The Oprah of Organizing”, will share tips and techniques and cover all areas of your life. Paper, storage, kitchen, photos, closets, drawers, basement, attic, recipes, receipts, magazine and newspaper clippings and much, much more! You’ll leave this program with simple ideas that you can use, whether you are moving into a smaller home or just want to downsize your current space.

An Introduction to the Principles of Feng Shui – October 18th (1:00 - 2:30 pm.)

If you are new to Feng Shui, or have some familiarity with the concept but unclear as to why it has become so popular in recent years, then you will enjoy this step-by-step slide presentation about the key principles of Feng Shui. This workshop will provide a clear understanding as to what is Feng Shui and how Feng Shui impacts your daily life. Feng Shui is very empowering and it is happening all the time. It is a valuable design tool that also can help you achieve your personal goals. Come learn about Feng Shui and see how it can make a difference in your life. Suzy Minken is a certified Feng Shui consultant and the founder of Every Day is Feng Shui. A resident of Westfield, Ms. Minken is a frequent speaker on Feng Shui and provides Feng Shui consulting services to both residential and business clients.

Using Feng Shui to Create Harmony at Home – November 15th (1:00 - 2:30 pm.)

Come and learn about creating a harmonious home environment using the Elemental Theory of Feng Shui. In this workshop, you will gain awareness about the different energies that you may be experiencing in your home and how what you surround yourself with in your home has an affect on your overall sense of well-being. You will learn what steps you can take to bring these energies into balance. And when your home is in balance, your body will feel more relaxed and peaceful. You won’t want to miss this inspiring workshop. Suzy Minken is a certified Feng Shui consultant and the founder of Every Day is Feng Shui. A resident of Westfield, Ms. Minken is a frequent speaker on Feng Shui and provides Feng Shui consulting services to both residential and business clients.

Spring Cleaning/Clutter Clearing: Monday, April 14th 7:00-8:30pm

Springtime is the traditional time to remove the winter blues from your home and make it ready for the long days of summer fun. It’s also a good exercise in taking stock of your home and its contents. Jamie Novak, “The Oprah of Organizing”, will share tips and techniques to get you motivated to get your home and office ready for a new beginning!

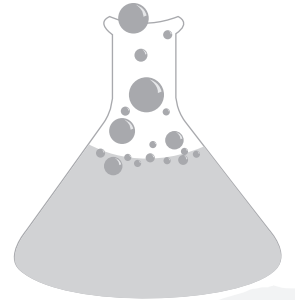
FRIDAY SCIENCE CLUB

Our unique Friday Science Club enrichment program through Smarty cat Kids® will give students a hands-on way to explore all areas of basic science including biology, chemistry, and physics. The projects are fun, exciting, and focus on enriching your child's imagination and creative thinking. Our goal is to spark their interest in the sciences, and to make learning fun!

Offered to children ages 3 ½ - 12yrs.

Location: Municipal Building Community Room.

Times/ Fees for all Friday Science Clubs: Pre-K-2: 2:15pm-3:15pm. Fee: \$30
Ages 5-8: 3:30pm-5:00pm. Fee: \$30
Ages 9-12: 7:00pm-8:30pm. Fee: \$30



October 12th: Animal Science

Students will learn the way in which scientists categorize the different types of living things. Students will also have the opportunity to view and hold live creatures from the animal kingdom (including sponges, worms, insects, amphibians, reptiles, birds, and mammals). We discuss the noticeable differences between each different type of animal, and talk about adaptations and why they are important. The children will then work in groups to create their own "hypothetical" animal based on information given by the instructor as to the environment in which their animal will live. They have the chance to choose and add adaptations to their animal that they believe their animal would need to survive.

November 9th: Fossil Science

What are fossils? How were they formed? We describe, in easy to understand terms, the process that takes the remains or traces of organisms and turns them into fossils. The different stages of fossilization are shown using diagrams and a presentation. We talk about how scientists look for and dig up fossils, and then have the students take part in a fossil dig of their own. Students get to view and hold real fossils, and take home the fossil replicas that they found in the dig.

December 7th: Magnets

Students will learn what are magnets, magnetism, magnetic poles, ferromagnetism, and how a magnetic field is created. Other key concepts include attract/repel, push/pull, metal/nonmetal, and the useful applications of magnets. The children will experiment with many magnets of different sizes, shapes, and strengths. Fun experiments will be conducted to demonstrate the concepts of magnetism.

January 11th: All About Air

Air may seem like a simple gas, but it can also be a lot of fun! In this class, students will get to view the power of air using fun and exciting materials, such as: windbags, airzooka, giant bubbles (even one the children can stand inside), pin-wheels, model airplanes, parachutes, stomp and rockets. We will also discuss aerodynamics, and what causes lift for airplanes, helicopters, and hot-air balloons to fly.

February 8th: Electricity

We use it every day, but what exactly is electricity? In this class, students will learn about the concepts of electricity, static electricity, circuit electricity, conductors/insulators, and lightning. We explain how some animals can "feel" a storm coming by sensing the electricity in the air. The children will have a chance to see the effects of electricity through safe and fun experiments using a human powered light bulb, the hair-raising Van der Graaf static electricity generator, simple circuits, a potato clock, and other fun activities.

March 7th: Robotics

Many children probably think that robots are nothing more than science fiction, but in this class they will discover that there are robots all around them! We will discuss the many common uses for robots in the modern world, as well as describe what robots are made of and how they work. Students will then have the chance to build simple robots in class.



Westfield Regional Healthcare Department Upcoming Activities

Throughout the year the Westfield Regional Health Department provides a variety of services to the residents of Westfield. These services focus on health promotion, education and disease prevention. Here is a sample of some of the services we provide.

Flu Clinics—*During the fall, our office provides free flu vaccine for residents 18 years and older.*

Child Health Clinics—*We provide free well care visits, including physical examinations and vaccinations to residents, 18 years and younger, who are uninsured. Clinics run year round and are staffed by a Registered Nurse and a Medical Doctor.*

Home Visits—*The public health nurse provides home visits, on a short term basis, to any resident in need. Visits are made by request.*

New Mom Visits—*The public health nurse provides home visits to any new mother who would like general information and education on child care. Visits are made by request.*

Health Education Day—*On Saturday, November 17th, 2007, we will be hosting a general health fair at the Roselle Park High School from 8am to 12noon. Services provided will include cholesterol screening, blood glucose testing, blood pressure screening, vision and hearing testing and chair massages. Local healthcare providers will be in attendance as well.*

Blood Pressure Screenings—*We hold various blood pressure screenings on a monthly basis.*

For more information, including specific dates and times, on any of the services listed above please call 908-789-4070 or view our website at <http://www.westfieldnj.gov/health>

WESTFIELD SPORT LEAGUE WEBSITES:

Soccer Association

www.westfieldnjsoccer.com

Baseball Association

www.westfieldbaseball.com

Football Association

www.westfieldnj.com/pal

Wrestling League

www.westfieldnj.com/wrestling

Lacrosse Club

www.westfieldnj.com/laxclub

Basketball Association

www.westfieldnj.com/wba

Tennis Association

www.westfieldnj.com/wta

Girls Softball League of Westfield

www.westfieldtoday.com/softball.html

Westfield Fencing Club

www.westfieldnj.com/fencing

WESTFIELDMEMORIAL LIBRARY

The Westfield Memorial Library will be closed to the Public Until Renovation Completion

The Westfield Memorial Library has suspended all services for adults and children as of September 1 until the completion of the library renovation.

The Library anticipates re-opening in late October. However, to check for updates concerning the Library renovation and re-opening visit the library website at www.wmlnj.org. A list of libraries accepting Westfield library cards can also be found at the website.

Westfield residents are encouraged to visit the library website at www.wmlnj.org to take advantage of the library's many online services. Click links such as [ListenNJ](#) for downloadable audiobooks, [MyLibrarydv](#) to download videos and movies, [QandANJ](#) to connect live to a Librarian, and Online Resources to access music, electronic books and much more.

For more information about online services or the renovation at the Westfield Memorial Library visit our website at www.wmlnj.org or call 908-789-4090.

DECEMBER 5, 2007

Speaker to Share Information on Low-Cost and Fun Ways to Enjoy New York City

Howard Goldberg, President and founder of "Adventure on a Shoestring", a New York City sightseeing organization, is scheduled to speak at the Westfield Memorial Library on Wednesday, December 5. Goldberg's presentation entitled "How to Enjoy New York City Inexpensively and Imaginatively" will start at 7:00 pm.

Goldberg has been researching inexpensive ways to enjoy the Big Apple since he started his organization in 1963. He has been featured on radio and television for his presentations which cover free theatrical shows, budget restaurants and marvelous museums. His December 5 presentation will include information on Holiday activities in New York City.

Goldberg summed up his feelings about New York City entertainment in his quote "I've always felt that one doesn't necessarily enjoy oneself in direct proportion to the amount of money spent. Entertainment is really a state of mind. People living in the Westfield community have the best of all possible worlds – the warmth and beauty of their area and easy access to the Big Apple, the most exciting city in the entire world."

This program is sponsored by the Westfield Memorial Library, which hosts a number of adult and children's programs throughout the year. For more information about this program or to register, call 908-789-4090, ext. 4140.

DECEMBER 12, 2007

Anton Del Forno Scheduled to Bring Great Concert Hall Music to Westfield Memorial Library

On Wednesday, December 12, guitarists Anton Del Forno will entertain an audience at the Westfield Memorial Library with his mesmerizing and culturally enriching sounds in a classical guitar concert. This 7:30 pm performance is arranged through the "Bringing The Great Concert Hall Music To The People" outreach program.

Coined "The Master of Guitar," and recognized for his dedication to composing, Del Forno is said to captivate audiences as he "continues to enrich guitar literature through his original compositions and transcriptions." His most recent contribution to the guitar repertoire is the concerto he wrote called 'Flirtation Concerto.'

This one hour event, with an intermission, is open to Westfield Memorial Library and MURAL cardholders. Refreshments will be served and audience members can meet with Del Forno during a reception after his performance. For more information about this program or to register, call 908-789-4090, ext. 4140.

“An Irish Odyssey with Sean Grace”

Recognized as a true neo-celtic fusion, Grace's performance combines the sounds and songs of his ancient Gaelic roots with Latin-jazz and folk-rock. Grace performed his first solo at age 10 and at age 12 he entered the Juilliard School. His latest CD release 'New Frontiers' ranked number one for record of the year, was selected as 'best picks' in 2004, and the single, 'Street Flight' from that album ranked number 3 on the R&B Smooth Jazz Radio Charts.

★ ★

TGIF will be held at the Westfield Community Center located at 558 West Broad Street during the month of September. All programs begin at 1:00 p.m.

Classic Movie Week—“Summertime”: The story of a witty but lonely secretary who takes a vacation in Venice, hoping to fall in love. She does – with a very handsome but very married Italian man—starring Katharine Hepburn, Rossano Brazzi, and Darren McGavin.
September 28

“A Celebration of Family and Community”

AT THE WESTFIELD ARMORY 6-10PM ~ DEC. 31st

Join us for a FUN-FILLED evening for Westfield families! Family Night will include fun activities geared towards families with children 15 years of age and under. Attractions include a variety of moonwalk-type climbers and slides, entertainers, a DJ., arts & crafts, and more! Food will be available for a nominal fee.

Registration information:

Children Age 2 through Age 17: \$15/pp & Adults (18yrs. & over): \$5/pp. (A height of 32 inches is required for all rides).

Spots are limited; register early to guarantee admittance.

In-person registration will be available at the

Westfield Recreation Department and at

The Westfield area Chamber of Commerce

Registration will be offered that evening **if spots are available**.

Sponsorship opportunities are available.

Family Night is hosted by The Westfield Recreation Department and The Westfield Area Chamber of Commerce.

FAMILY★NIGHT
WESTFIELD

Westfield Recreation Department
425 East Broad Street
Westfield, NJ 07090

Holiday Concert:

Wednesday, December 12th

7:00 - 9:00pm

Our Annual Holiday Concert has been a tradition for 16 years. This special concert features the Westfield Community Concert Band and the

Edison Intermediate School Broadway Singers.

Music of the season will be performed as we ring in the holidays!

All residents are encouraged to come out and join in the holiday spirit with us.

Held at Edison Intermediate School Auditorium.

Free admission



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